

THE SUFFOLK INTERGROUP A.A.



October 2016

# BULLETIN

Visit your Suffolk County AA Website at: <http://www.suffolkny-aa.org>

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Volume 43, Number 6

*Submission deadline for the November Bulletin is (10/19.) Email your stuff to Mary A.S.A.P. to: [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)*

Month 10, Promise 10: We Will Intuitively Know How to Handle Situations Which Used to Baffle Us.





### ONE PERSON'S OPINION REGARDING STEP TEN

*Continued to take personal inventory and when we wrong promptly admitted it.*

There is a blockbuster of a statement on page 90 of the Twelve and Twelve, to wit, "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." It is being suggested to us that when we've gotten this far in the Steps the time for finger-pointing is over. We can no longer blame other people, places and things for what has gone wrong in our lives. We are responsible for our own happiness and the best way to find happiness is to try to give it to *others*.

In examining my own past life I realize that when I was right I was insufferable; I want to ram my "rightness" down the other guy's throat. The program asks me very poignantly, "Would you rather be right or happy?" Perhaps the reason I was reacting so crazily when right was because I hadn't felt very right most of my life and when I did find myself in a position of being right, I had to pound it home. Being right so infrequently may have been why I found it so difficult to admit when I was wrong!

It must have been a sage who suggested, "Look only for the best in people and things and leave all the rest to God."

It is a truism that there is so much good in the worst of us and so much bad in the best of us that it little behooves any of us to speak evil of the rest of us.

-Ed H.

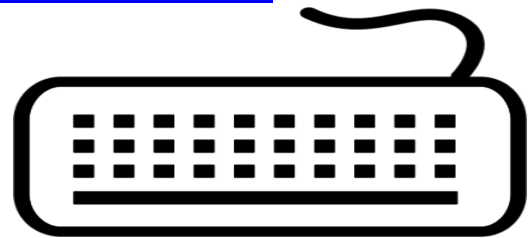
★ From the Alt-Chair

### AN ONLINE SPEAKER EXCHANGE MEETING

So far We've had two setup meetings:

Monday, Sept. 19 at 7pm SIA office

Saturday, Sept 24 at 10 am SIA office.



The purpose of these meetings was and will be to develop the exchange to a point that it can be tested by a number of groups in October. Any changes that need to be made after the test will be made in time for a early November rollout.

**To prepare for a November rollout your group should pick a rep for this exchange!** It may also be a good idea to visit other groups in your area to see if they are interested in participating. There will be no changes made to our regular exchange at Suffolk Community College. This online exchange is a separate endeavor.

**If your group is interested send me an email.** These are setup meetings, all are welcome, just make sure your group rep is familiar with email and has an email address they are willing to use for the testing process.

**TOM M., [ALT-CHAIR@SUFFOLKNY-AA.ORG](mailto:ALT-CHAIR@SUFFOLKNY-AA.ORG)**

### Judgements or Grudges

No human can subdue the tongue entirely, we bless, admire, curse, and judge with it resulting in tears of joy or rivers of sadness. We offer false praise and hurtful lies. The words we say can remain in someone's heart for as long as it beats. We often times become legends in our own minds by formulating what we perceive to be a precise evaluation and judgement of someone shortly after meeting them. People may not remember your name or where you have crossed paths, but they will never forget how you made them feel.

We are imperfect, impatient, selfish, and quick to speak and yet slow to listen. Nevertheless, we can always assign blame for our shortcomings, anger, misfortune and predicaments to anyone or anything. We harbor grudges because we feel we are more deserving than other's. These judgements can so easily become "grudges"; resulting in things coming out of our mouths. If we allow these feelings to fester and steal our peace, they can indeed jeopardize our sobriety. We have to give our minds and thought patterns a break from habitual judgements and comparisons. The one thing we absolutely cannot lose, and strive to have is the total presence of complete serenity. We did not achieve it on our own nor will we maintain it on our own.

The very things that makes me most unhappy are the fruit of the choices I have made in the past. I am learning to accept the circumstances of each day exactly how it comes to me and be content. I know I can have an amazingly different result for my tomorrow; when I choose to live within the presence of peace each new day can bring. I try to add new "tools" at every opportunity. With every situation, judgement, grudges, or temptation there is a way out, around, or over it. Self-control is a fruit of the Spirit that comes into our lives by making wise choices. I believe the life we live in our inside is dependent on the relationship we have with our God or Higher Power and the life we live on the

outside is dependent on the relationships we have with people.

There is nothing wrong with being overwhelmed or confused, just seek people with solid morals, spiritual maturity and peace in their lives; for they are priceless pearls of wisdom. Walk with integrity, always striving to move in the right direction. Why? Because positive people *decide* in advance to enjoy themselves no matter what cards they are dealt.

Use the Gift of Sobriety wisely, generously, and with compassion. We mustn't forget the hopeless hell we existed in before our journey without the lifesaving helping hands of Alcoholics Anonymous. We share a million different reasons, and a million different beginnings. No matter what we all have the same tools in our toolbox and we use them gratefully every day, thanking Alcoholics Anonymous and God for the courage to change the things we can.

*-Grateful to be sober for today  
Linda D.*

it Doesn't  
matter what  
others are Doing.  
it matters what  
YOU are doing.

ss.



## Living in L.A. L.A. Land

My wife and I recently moved to Los Angeles to babysit for our first grandchild. I certainly have AA to thank for this opportunity for I would have never been included in this blessing if I were not sober.

After getting settled (and with my wife's prodding) my next priority was to get connected to AA and find the "best" meeting for me. Like many parts of the U.S. Los Angeles has an incredible number of meetings. So I started my investigation. One was too large and another had too many young people. One was for agnostics and another had invited Jesus. One only offered speaker meetings and another lacked step or Big Book meetings.

My other problem was that L.A. Meetings were in many ways different than Long Island meetings. They called anniversaries "birthdays". In many groups people clapped after each share. Some attendees were even mandated by the courts to attend AA meetings.

Finally I joined The Early Show, a daily morning meeting, only to have it change location while I was away for a month. What nerve! The new location for the Early Show was in a church's social hall, in a "transitioning" neighborhood, complete with two homeless guys camping out on the front steps. This was a far cry from the pristine medical facility complete with security guards where we used to meet.

To my amazement most of the same members were still in attendance. Harry S. Is an artist from Seattle who always shares that AA is about learning

to love what you don't want to do. Johnny L, sober 1 year in November, was homeless and now attends LACC in the hopes of becoming an anesthesiologist. Earnest A doesn't say much but opens up daily and makes coffee. Rose and her son Gabriel attend together. He's trying to get sober and she just discovered that she's an alcoholic. Like most AA groups the list changes but in many ways stays the same.

My wife and I will be moving again in January to Pasadena, California as our granddaughter will begin day care. I won't be repeating the meeting search. In the local meeting list, I found a morning meeting within walking distance of our new apartment. Although I've not attended the meeting, I'm pretty sure it will be my home group. I think I've finally learned that the best meeting for me is either the one I'm planning to go to or the one I'm at.

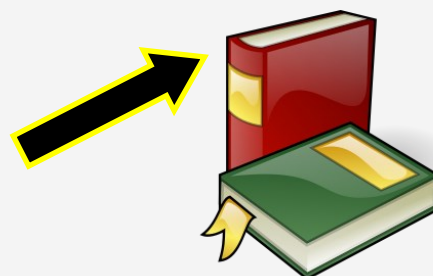
-Tom W.

*Stony Brook Unity and St James Reflections*

### **We need you're old books you're not using!**

Treatment facilities committee looking for AA members to donate any AA approved books for treatment facilities. You can always drop them off at the SIA office at 113-8 bay Ave Patchogue N.Y. 11772 Mon-Fri 9-3pm and Sat 9-1pm OR contact Jackie at::

[treatment@suffolkny-aa.org](mailto:treatment@suffolkny-aa.org)



## Group History

The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history. Contact the SIA Office at 654-1150.

### *The One and Only*

**St. Thomas of Canterbury**

**Brookside Drive, Smithtown**

Meetings are started for many reasons. In this case it all came down to location. Bob R., one of the co-founders of Islip Terrace's We're IT (now called Lock, Stock and Sobriety), commuted for 10 1/2 years from Lake Grove first, then Kings Park to Islip Terrace. Not the worst of commutes but he also travels 70 something miles roundtrip to work. So something had to give.



On an impulse, one day he wrote a letter to Father DeLion at St. Thomas asking if there might be room at the church for a Saturday afternoon meeting. Without any question or pause, the request was granted and the start date of March 6, 2010 was arranged. To not interfere with other meetings in the immediate area, the time decided on was 3:15 P.M. This is the one and only 3:15 meeting in Suffolk County---hence the name. Also when our speaker speaks, it would be the one and only time they would do so. Too often, some groups rely on the same speakers time and time again. For six years, we have only had repeat speakers twice. That is out of 320 something opportunities. It is a challenge to arrange but it also keeps the recovery juices flowing. Most important of all, a wide variety of experience, strength and hope is offered.

We average about 15 to 20 people each week. Lots of newcomers show up as well as people looking for an emergency meeting. They are oftentimes delighted to find a meeting at this time. Our first year we met on both Christmas Day and New Year's Day and the plan is to be open for any holiday that might fall on a Saturday. The format is closed discussion. There are plenty of open meetings available---this was designed as a safe haven for alcoholics to share among fellow alcoholics. So far everything has worked out fabulously. This meeting has helped many of us stay sober and that's the one and only reason meetings are begun.

### We, Me, Hands, Sand

*I am alive and sober today not because of me but because of we ,*

*Because I love my God and he loves me ,*

*Because my brothers and sisters of AA always put out their hands,*

*And because of that my house is built on rock not on sand.*





### Belief vs. Reliance

For the longest time, I had a belief in Something greater than myself. Some call it God, some call it a Higher Power. For me, it was God. The thing was, it was one thing to believe that there was a God and quite another to have a working relationship with that God. Now that I have both, it has changed my life.

If some of you reading this are squirming in your seats, take a moment to examine what is making you uncomfortable. For some of us, just hearing the word "God" can send us into an awkward and uncomfortable state. Sometimes it is because we have been looking to a God that we were raised with that didn't and doesn't fit in with something I would even want to have a relationship with. God may have been something that was "up there somewhere", far away, making a list of all the things we were doing wrong. We were just waiting for the punishment to come either in this life or the next. Or maybe we had a concept of God that was just so far removed from us that while He may be kind and loving, He certainly isn't concerned with us. Maybe we want to believe but can't imagine how there is a God who would allow all the horrible tragedies we see when we turn on the news. And maybe we have no conception of God at all.

If you fall into any one of these categories, you are certainly not alone. I was the type that although I believed in God, I just didn't understand how God could help me in my day to day life and I certainly didn't think He had any time to worry about my problems. How would God who was "out there" help me? It didn't make sense. So I kept to my belief that although God was a fine idea, that's where it ended. So I "believed" but had no real relationship.

The thing is, I am realist. I also am the type that I need to see things to believe them. I am practical and really don't have much interest in continuing to do something that isn't functional or isn't working. I am here to tell you that God, spirituality, and applying spiritual principles in my life has been the most logical and practical thing I have EVER done. Believe me, this wasn't something I just woke up one day and decided to do. I didn't just wake up and say, "Hmm, I think I want to have God in my life and learn about spirituality." For me, I needed to be cut down at the knees in order to see just how much my way of living and looking at the world was keeping me in conflict, depression, and basically stuck whether I was drinking or not. I was given a very clear choice that I could keep going on the way I was going and run my life into the ground, or I could begin to look for a different way. By the grace of God I had enough willingness to try the latter. My life has changed dramatically and continues to do so every day.

This change, this awakening to a new way of life did not just come over night. It began with someone taking me through the 12 Steps and introducing me to a God of my own understanding. It was a God that was personal to me and one I was able to build a personal relationship with. People who hang onto a conception of a punishing or judgmental God, I can certainly understand the hesitation of wanting to connect with something like that, much less go to that for help and guidance. I certainly would have a difficult time trusting a power like that. Similarly, if I believe that God allows or causes horrible things to happen, I might not be so quick to rely on that power either. And finally, if I don't believe in anything, then that leaves it all on me to have to shoulder all the burdens and responsibilities of not only my life but usually the lives of all those I love including children, spouses, and friends. That sounds like a really hard job!

So, I am writing this to just share a little about my experience with God as I understand God. Pain was the price I had to pay to be introduced to this Power that I use every day and in all my situations. It has and continues to help me and change my life and those who are like minded around me on a daily basis. There is a way to develop this conception and allow this Power, however you decide to define it, into your life in a beautiful, logical, and beneficial way. Look around at your life and if you are operating without a relationship with Higher Power, I assure you there is a way for you to move from non-belief to belief and establish a helpful, functional, and positive relationship with God, however you want to define it. It is the most important relationship I have in my life and one that makes all the other relationships in my life more successful. I know this is true because I have lived it and I continue to see this experience in others every day. You don't want to miss it!

-Gwen R., Amity Harbor

*September Business Meetings*

**> Public Information Committee:**

*3RD TUESDAY OF MONTH*

**Tues. 10/18/16 7:00 PM**

**SIA Office, 113-8 Bay Ave.**

**Patchogue**

**> SIA Business Meeting:**

*1st TUESDAY OF MONTH*

**Tues. 10/4/16 8:00pm**

**Cornell Cooperative Extension,**

**423 Griffen Ave.**

**Riverhead**

**-7:00 PM New Group Rep Orientation**

**-7:00 PM Share-a-Thon**

**-8:00 PM Intergroup Meeting**

**> SIA Officers & Chairs:**

*LAST TUESDAY OF MONTH*

**Tues. 10/25/16 7:00 PM**

**SIA Office, 113-8 Bay Ave.**

**Patchogue**

**> Suffolk General Service:**

*3RD FRIDAY OF EVERY MONTH*

**Fri. 10/21/16 8:00 PM**

**True North Community Church,**

**Lakeland Ave.**

**Bohemia**

**>Treatment Facilities Committee:**

*3RD TUESDAY OF MONTH*

**Tues. 10/18/16 7:00 PM**

**SIA Office, 113-8 Bay Ave., Patchogue**

★ **Contact your Intergroup chairs!**

Chair- Kevin ..... [chairman@suffolkny-aa.org](mailto:chairman@suffolkny-aa.org)

Alt Chair- Tom ..... [alt-chair@suffolkny-aa.org](mailto:alt-chair@suffolkny-aa.org)

Treasurer- Wayne .... [treasurer@suffolkny-aa.org](mailto:treasurer@suffolkny-aa.org)

Corr. Sec.- Dawn .... [corsec@suffolkny-aa.org](mailto:corsec@suffolkny-aa.org)

Recording Sec.- Tara .... [recsec@suffolkny-aa.org](mailto:recsec@suffolkny-aa.org)

Answering Service- Ron ..... [phones@suffolkny-aa.org](mailto:phones@suffolkny-aa.org)

Archives- Bob ..... [archives@suffolkny-aa.org](mailto:archives@suffolkny-aa.org)

Bulletin- Mary ..... [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)

Corrections- Lee ..... [correct@suffolkny-aa.org](mailto:correct@suffolkny-aa.org)

Grapevine- Lee ..... [grapevine@suffolkny-aa.org](mailto:grapevine@suffolkny-aa.org)

Literature- Laurie ..... [books@suffolkny-aa.org](mailto:books@suffolkny-aa.org)

Meeting List- Brodey ...[meetings@suffolkny-aa.org](mailto:meetings@suffolkny-aa.org)

Public Information- Jack ..... [pubinfo@suffolkny-aa.org](mailto:pubinfo@suffolkny-aa.org)

SIA Office Manager- Cheryl. ....[siaoffice@suffolkny-aa.org](mailto:siaoffice@suffolkny-aa.org)

**Schools chair - OPEN!** ... .. [schools@suffolkny-aa.org](mailto:schools@suffolkny-aa.org)

Share A Thon- Gene Marie..... [share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)

Special Events- Patrick .....[specevent@suffolkny-aa.org](mailto:specevent@suffolkny-aa.org)

**Third Legacy chair - OPEN!** ... [thirdleg@suffolkny-aa.org](mailto:thirdleg@suffolkny-aa.org)

Treatment Facilities- Jackie. ... [treatment@suffolkny-aa.org](mailto:treatment@suffolkny-aa.org)

Webmaster- Troy..... [websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org)

Share A Thon- Jenemarie..... [share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)

**A SCHOOLS CHAIR REP AND A  
THIRD LEGACY REP are needed!  
PLEASE VOLENTER SOME TIME!**

**Email for details:**

**[chairman@suffolkny-aa.org](mailto:chairman@suffolkny-aa.org)**



**Come to some S.I.A. special events!**

*It's here!  
The*

## **SHARE-A-THON!**

**(FREE)**

### **Schedule:**

**Breakfast: 8:00-10:30**

**Workshops: 9:00-3:00**

**Lunch: 12:00-2:00**

**Spiritual Speaker: 3:15-4:00**

**Sunday, October 16, 2016**

**(9am - 4pm)**

**St. Joseph's College, Patchogue,  
NY**

***Volunteers are needed !!!***

**...call the SIA Office at 631-654-1150**



### **Halloween Dance Party!**

**(Saturday, October 29th)**

**7pm – 11pm**

Vorhees Hall, Mount Dinai  
Congregational church  
233 North Country Rd. ,  
Mount Sinai 11766

- **FREE!**



- **POT LUCK** bring something if you can!



- **50/50 Raffle!**

- **Live Band** will be jamming!



To confirm, or for further info, please  
see in person or email  
Special Event Chair *Patrick* at:  
[specevent@suffolkny-aa.org](mailto:specevent@suffolkny-aa.org)